

# thecollegian

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## Tunnels of Oppression fosters self-reflection, awareness



CASSANDRA NGUYEN | THE COLLEGIAN

Graduates in dramatic theater **Tim Tarkelly** and **Soji Cole** participate in the interactive portion of the Tunnel of Oppression event in the K-State Student Union on Wednesday evening.

By **ARIEL CROCKETT**  
THE COLLEGIAN

**T**unnels of Oppression was hosted Wednesday night in the K-State Student Union and touched on a number of heavy-hitting topics.

The purpose of the event was to give attendees the opportunity to experience firsthand not only what it's like to be oppressed, but what consti-

tutes subconscious oppression and the proper way to address these issues.

Attendees were taken through three different rooms or "tunnels." The first room was the introduction to the experience, led by volunteer and residence life coordinator Ronnell DuBose. DuBose explained each tunnel and opened up with an introductory activity where he handed out cards to participants; whatever was on the card rep-

resented the participants place in life — 2 being the lowest, Ace being the highest.

The idea of the game was to put participants in someone else's shoes. Students with low numbers were shunned by higher numbers as outcasts.

"The first room is a passive place, you'll see things that you'll relate with and you'll see things you may not relate with," DuBose said.

The objective of that first room was to create awareness

and to educate attendees on the proper way to handle those issues. The passive room tackled issues that many may not know are forms of oppression, like microaggression.

Microaggression reflects the active manifestations of oppressive world views that create, foster and enforce marginalization.

CONTINUED ON PAGE 5,  
"TUNNEL OF OPPRESSION"

compiled by Shelton Burch

## Two K-State professors win KU research awards

Two K-State professors will receive a plaque and \$10,000, to be used for continued research, as part of the University of Kansas' Research Achievement Awards at a ceremony on Dec. 9, according to K-State Today.

Susan Brown, university distinguished professor of biology, will receive the Olin Petefish Award in Basic Sciences for helping create a system for genetic studies of the red flour beetle.

Frank White, professor of plant pathology, will receive the Irvin Youngberg Award for Applied Sciences. Part of his work has uncovered plant genes that affect how susceptible or resistant they are to plant diseases, according to the release.

## U.S. Supreme Court stands by lower-court ruling on gay marriage

The U.S. Supreme Court issued a two-paragraph order Wednesday, refusing to overturn a lower-court's ruling that allowed same-sex couples in Kansas to marry.

Previously, the 10th Circuit U.S. Court of Appeals had ruled that similar bans on gay marriage in Utah and Oklahoma were unconstitutional, according to the Kansas City Star.

On Nov. 4, Kansas Attorney General Derek Schmidt filed a request seeking to have the entire 10th Circuit Court hear the case (Marie v. Moser), rather than just a panel of three judges, which happened in the both the Oklahoma case and the Utah case, according to a press release by Schmidt.

## K-State architecture students compete for grant

By **TANEYSHA HOWARD**  
THE COLLEGIAN

Students in the K-State architecture program are finalists for the Toro Green Spaces Make Great Places grant initiative with their work on a project for the Wonder Workshop Children's Museum in Manhattan.

"The grant is for green communities," Renee Petty, graduate student in architecture, said. "Toro took nominations. We nominated ourselves and explained how we would give back to the community. We were selected as one of four finalists."

Toro will award \$15,000 in grant money total: the first place organization will earn a \$7,000 grant, second place will receive a \$4,000 grant and the remaining two organizations will receive \$2,000 each.

All of the organizations are non-profit and The Wonder Workshop is currently in first place.

"The grant will be used to build an active green play area here in Manhattan for the Wonder Workshop Children's Museum," Timothy Tse, graduate student in architecture, said. "We are hoping to get first place. People can support by voting for us on Facebook."

On the Toro Yard Facebook page, people can click on "Vote Great Spaces" to vote and watch the K-State architecture student's video.

"The video explains our project and how the grant would help us complete our project for the Wonder Workshop," Tse said.

Petty said the K-State architecture students plan to add features to the Wonder Workshop adventure garden.

"We are designing and building water and climbing features for

the adventure garden," Petty said. "We plan to add things such as cabins in tree houses."

Tyler Clark, graduate student in architecture, said the project would not end with his studio class.

"In spring 2014, there was a K-State architecture studio that developed a master plan for an adventure garden at the Wonder Workshop Children's Museum," Clark said. "They were able to complete a portion, which constructed two pavilions on the site and then left the rest to be constructed by the rest of the architecture studio groups."

The Wonder Workshop Children Museum is currently located at 506 S. Fourth St.

"Wonder Workshop Children Museum hopes to expand the Randolph site," Clark said. "It is currently an open site. They want to add cabins and tree houses."

Randolph is a small town lo-

cated north of Manhattan on Highway 77/Tuttle Creek Boulevard. However, Randolph is a part of the Manhattan Metropolitan Statistical Area.

"Currently the students visit the site, but return home after the activities," Clark said. "Our project will allow the students to spend a night and stay for longer time periods at the site."

The architecture students began the project in spring 2014 with a different studio group. The project will continue with the spring 2015 studio group.

"One of the goals is to let the kids get out of town and experience nature so the Wonder Workshop have a plot of land near Randolph, Kansas, right on Tuttle Creek Lake," Clark said. "Our project will provide kids with the opportunity to play and learn about nature."

People can vote until Nov. 21.

## 4.8 magnitude earthquake rattles Wichita

A earthquake struck approximately eight miles south of Wichita on Wednesday afternoon.

According to the Wichita Eagle, the quake happened at approximately 3:40 p.m. It was felt across Kansas, including Hays and Topeka, and into Oklahoma.

This was the second strongest earthquake in Kansas history. The largest was a 5.1 magnitude quake that shook Manhattan in 1867, according to the Eagle.

### INSIDE



**4** Wildcats fall to Jayhawks for third-straight year



**6** Help stop the spread of germs this flu season

### Fact of the Day

"Bae" is the Danish word for feces.

wordsense.eu

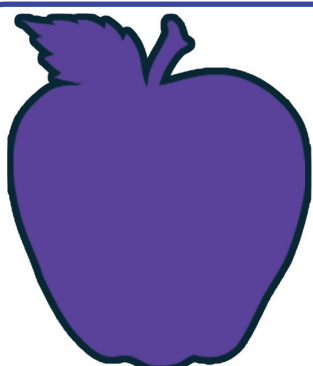
### SOCIAL MEDIA

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# Best of Manhattan

## Purple Apple Awards

Winner Announced: Wednesday, November 19





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5 Harry's successor  
8 With skill  
12 Wrinkled fruit  
13 French refusal  
14 Dunkable treat  
15 Synagogue  
16 Cover  
17 Reddish horse  
18 Spanish dish  
20 Able  
22 Round, hard candy  
26 Edward's "Twilight" rival  
29 Rule, for short  
30 Deposit  
31 Sans siblings  
32 Spacecraft compartment  
33 Harp ancestor  
34 Court  
35 Pen name?

**36** Church wedding notices  
**37** Felon  
**40** Approach  
**41** Membership proof  
**45** Skirt feature  
**47** Barracks bed  
**49** Birthright barter  
**50** Sunrise site  
**51** Corrode  
**52** Baseball team  
**53** Wan  
**54** Parched  
**55** Won't shut up

**3** Swing about  
**4** Party pooper  
**5** Post-nuptial relative  
**6** Japanese pond carp  
**7** Lasted  
**8** Heart line?  
**9** Dodgers' old home  
**10** Meadow  
**11** Thither  
**19** Retriever type, for short  
**21** Cribbage scorer  
**23** Frontal-lobe eponym

**24** Deserve  
**25** Deli loaves  
**26** Bloodhound feature  
**27** Ox long popular in cross-words  
**28** Like a buffoon  
**32** Stabbed  
**33** Theft  
**35** Underwear with underwire  
**36** Where the bears found Goldilocks  
**38** White or Grable  
**39** Pot  
**42** Europe's neighbor  
**43** File crosser  
**44** Membership fee  
**45** Vast expanse  
**46** Part of UNLV  
**48** Rowing need

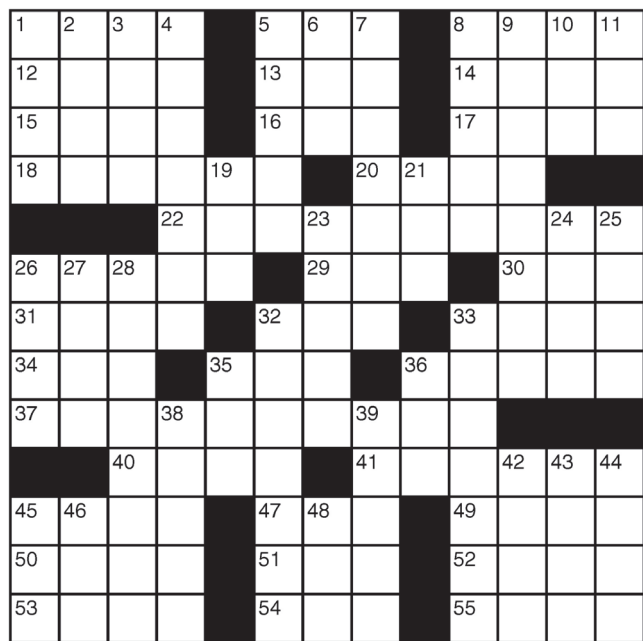
**DOWN**

1 Point  
2 Turkish official

**Solution time: 25 mins.**

SEE				BBS							
CALM				GLOOM							
LAPUP				RELIED							
APPLE				IE	ORDER						
BOY				ROMPS	III						
				CONE	HASP						
				SCARY	PSALM						
				SOON	OOPS						
				PAW	RAZOR	PRO					
				APPLE	POLISH	SHER					
				SEAMAN	VALVE						
				AZURE	EGOS						
				EST	LAX						

Yesterday's answer 11-13



**11-13 CRYPTOQUIP**

C S D I A P Y T Y . T . C S D T A F D L N  
X K P Z H X Z M T A L T A T N D F P L  
K Z I A L E N K A L E T L D Z N Z L F  
P S F D S H M : N A F M S P P T D I D H N .  
Yesterday's Cryptoquip: THAT LITTLE KID WAS HAVING VERY BIG PROBLEMS WITH HIS NEW COMPUTER, SO HE CALLED TYKE SUPPORT.  
Today's Cryptoquip Clue: C equals P

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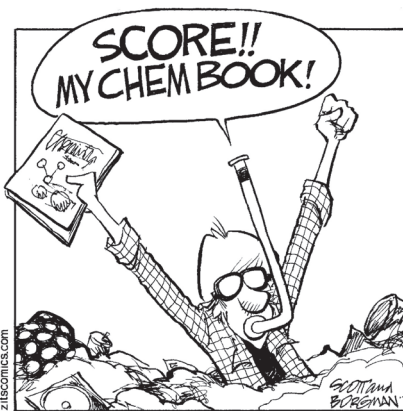
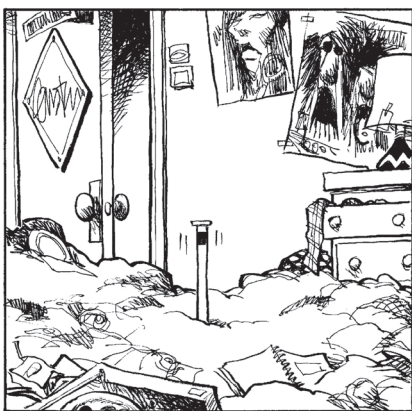
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## Zits | By Jerry Scott and Jim Borgman



## the FOURUM

785-260-0207

The Fourum is a quirky view of campus life in voices from the K-State community. Positive and humorous comments are selected for publication by the Collegian marketing staff.

**Shout** out to the guy rocking the Frozen backpack today!

**Group** projects are much better without a group.

**Anyone** else feel like they're being hazed when walking by all the student org tables?

**Want** to go to the Rec. Want to do it without going outside.

**At** least this weather helps me get my money's worth out of Netflix.

**If** you're the first person to finish a test, just know everyone else is judging you.

To submit your Fourum contribution, call or text 785-260-0207 or email thefourum@kstatecollegian.com. Your e-mail address or phone number is logged but not published.

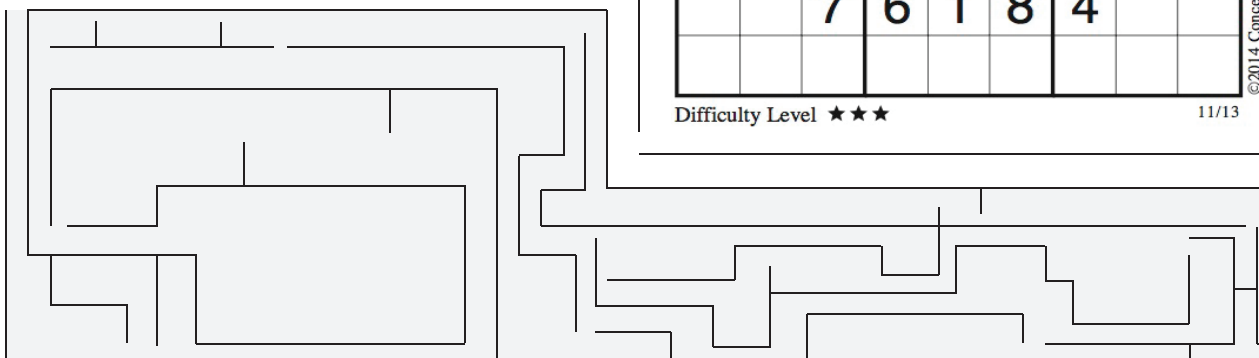
## THE BLOTTER

### ARREST REPORTS

**Tuesday, Nov. 11**  
**Christopher Allen Hudgins**, of the 3400 block of Westbaker Street, was booked for aggravated robbery, conspiracy to commit robbery and contributing to child misconduct. Bond was set at \$100,000.

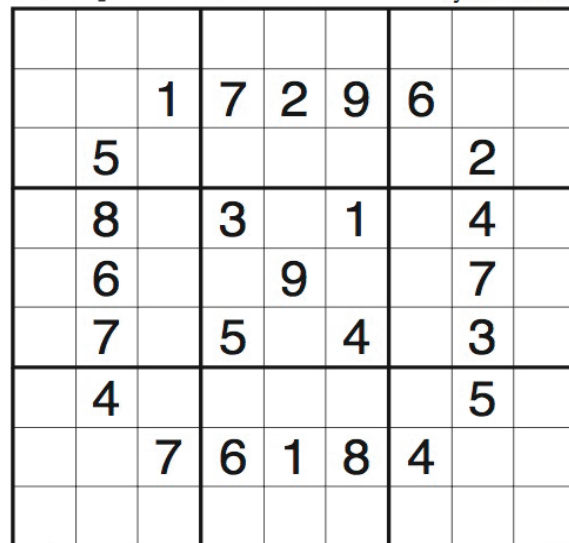
**Wednesday, Nov. 12**  
**David Michael Jeppe**, of the 1000 block of Humboldt Street, was booked for driving with a cancelled, suspended or revoked license. Bond was set at \$750.

## Maze ( ' o o ) ' \_ \_



## Conceptis Sudoku

By Dave Green



Difficulty Level ★★ ★

11/13

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MEDIA GROUP

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# UPC After Hours to host Texas Hold’em-style poker tournament

By TANYESHA HOWARD  
THE COLLEGIAN

This Friday, the Union Program Council will host its annual K-State After Hours Poker Tournament.

“The participants will play Texas Hold’em style poker and it is open to the public,” said Cody Watson, sophomore in business administration and co-chair for UPC After Hours committee.

According to Texas-holdemonline.com, Texas Hold’em is the world’s most popular form of poker. The

object of the game is to make the best possible five-card poker hand, using any combination of the two cards in a player’s hand (known as the “hole cards”) and the five community cards that the dealer places in the middle of the table which can be used by all players.

On texasholdemonline.com, students can familiarize themselves with the standard hand rankings (from best to worst):

**Straight Flush:** Any five cards of the same suit and consecutive rank; the best of these hands, AKQJT of a sin-

gle suit, is known as a Royal Flush. For these and regular straights, aces may be played as either high or low cards.

**Four of a Kind:** Any four cards of the same rank.

**Full House:** Any three cards from a single rank combined with a pair from a different rank.

**Flush:** Any five cards of the same suit.

**Straight:** Any five cards of consecutive ranks.

**Three of a Kind:** Any

three cards of the same rank.

**Two Pair:** Any two pairs of cards from the same ranks.

**One Pair:** Any two cards of the same rank.

**High Card:** Hands that do not fit any of the above categories are ranked based on the highest card in their hand (aces are high), then by the second highest card and so on.

For the After Hours tournament, there will be 16 tables with eight people at each. The tournament is not bracket style.

“If you lose your money, you are out of the game,” said Hannah Vu, sophomore in public relations and co-chair for UPC After Hours committee.

The UPC has put up prizes for the tournament’s top eight competitors: the first place winner will win a Go-Pro Hero 3+; the second place winner will receive a \$100 Best Buy gift card; and the third place winner will walk away with a \$50 Southwest Airlines gift card.

“For those who place fourth through eighth place, they will receive smaller dollar amount rewards, such as

restaurant gift cards and union gift cards,” said Rachael Herten, sophomore in fine arts and co-chair for UPC After Hours committee.

To sign up, students can visit UPC’s homepage and click on the poker chips.

“Every Friday that school is in session, After Hours host weekly events that are substance free,” said John Buckley, graduate adviser for UPC. “People can check our website to see our upcoming events.”


The tournament will start in the K-State Student Union Ballroom at 6 p.m. and last until midnight.



# Service Inspections

Once a week, The Collegian will share inspection reports from Manhattan restaurants and businesses. So go ahead and read on, if you dare.

Inspections are compiled from the Kansas Department of Agriculture



**1005 Hostetler Drive**  
**Date of inspection:**  
**Nov. 4, 2014**  
**Reason for inspection:**  
**Routine**  
**Results: No follow-up**

**4-601.11(A)** There was a commercial can opener stored as clean in the back kitchen area that had dried food debris on

the blade from a previous use. Corrected on site, item was placed in the dish room for cleaning.

**3-302.12** There was a container with a brown powder in it stored on top of the MT-1. Employee stated it was cinnamon sugar. Corrected on site, item was marked.

**3-304.12(C)** There was an ice scoop being stored on the top of the ice machine located in the back kitchen area. Corrected on site, ice scoop was placed in a food grade container.


**4-202.11(A)(2)** There were two rubber spatulas being

stored as clean on a shelf in the kitchen area that had deep cracks on the blades. Corrected on site, items were discarded.

**4-601.11(C)** There is dried grease buildup on the hood filters located above the fryer and the pizza oven. There is dried dust buildup on the fan covers located in the walk-in cooler.

**6-501.12(A)** There is dried food and dirt debris on the floor under the soda fountain machine located in the drive thru area.

*Educational materials provided.*



**215 E. Poyntz Ave.**  
**Date of inspection:**  
**Nov. 3, 2014**  
**Reason for inspection:**  
**Licensing**  
**Results: Follow-up**

**4-602.11(E)(4)** There is dried syrup buildup on the soda fountain nozzles. There is a pink mold buildup on the ice dispenser located at the soda fountain machine.

**7-206.12** There was a piece of red, rodent bait cake being stored under the two-vat sink and not in a bait station. Corrected on site, item was

discarded.

**4-302.12(A)** There is no thermometer to measure the internal temperature of food. Corrected on site, inspector gave the establishment a thermometer.

**6-202.15(A)(3)** There is a half-inch gap under the back door and the front double doors of the establishment.

**4-301.12(A)** Establishment has a two-vat sink and one-bus tub for ware washing. Establishment only has soda fountain nozzle to clean. Establishment has filled out a variance request for this method.


**4-302.14** There are no test strips to measure the parts per million in the two-vat sink

with bus-tub method setup. Corrected on site, inspector gave the establishment test strips.

**4-601.11(C)** There is dried dust buildup on the fan covers located in the walk-in cooler.

**6-501.12(A)** There are 20-30 old rodents on the floor by the animal in the back storage area. Corrected on site, person in charge cleaned up the area. There were 50-100 dead weevils behind the pallets where the animal food is stored in the retail area. Corrected on site, person in charge cleaned up the area.

*Educational materials provided.*




**501 Poyntz Ave.**  
**Date of inspection:**  
**Nov. 5, 2014**  
**Reason for inspection:**  
**Routine**  
**Results: No follow-up**

**6-301.14** There was no hand washing signage posted in the men’s and women’s restrooms. Corrected on site, signage was posted.

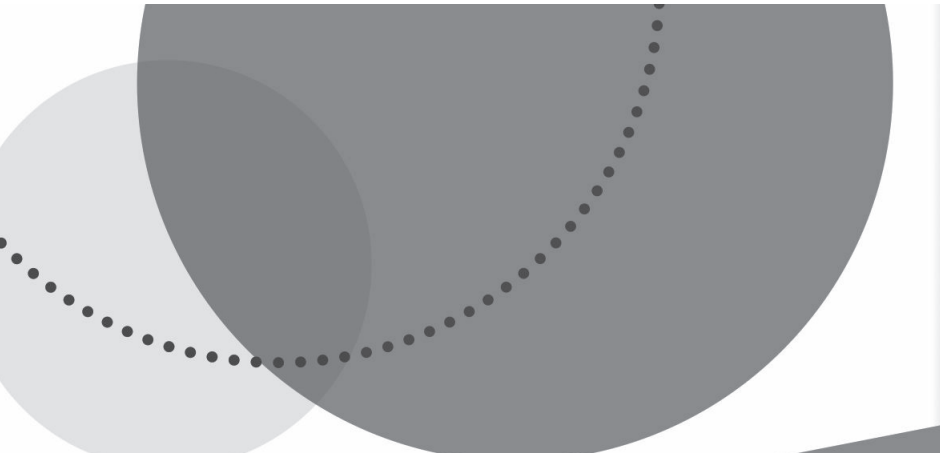
**8-103.12(B)** Establishment has a variance for their three-vat sink ware washing process. Variance paper-

work was not provided to the inspector. Corrected on site, printed a copy of the variance and the variance was posted.

*Educational materials provided*



There are plenty more violations where that came from. Scan the QR code to read more or visit [www.kstatecollegian.com](http://www.kstatecollegian.com).




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# Kansas ties Sunflower Showdown with sweep at Ahearn



GEORGE WALKER | THE COLLEGIAN

K-State outside hitter **Kylee Zumach** pulls back to hit the ball during the game against Kansas on Wednesday at Ahearn Field House. The Wildcats were swept by the Jayhawks 3-0.

By GRANT FLANDERS  
THE COLLEGIAN

With just one game separating No. 23 K-State and Kansas, head coach Suzie Fritz's squad was unable to capitalize in an opportunity to build on their conference lead.

The evening fell apart for the Wildcats (20-6, 7-5) as they lost convincingly in a three-set sweep to their in-state rivals, the Jayhawks (19-7, 7-5). The two teams are now knotted with 7-5 Big 12 records.

It's the longest losing streak for the Wildcats since falling in four straight matches at the end of the 2012 season.

"I thought we played poorly," Fritz said. "On the flip side, I think Kansas played exceptionally well."

Kansas outside hitter Sara McClinton finished with a total of 18 kills and a .500 hitting percentage. K-State was paced by freshman Kylee Zumach and her 14-kill performance.

"They challenged the block productively and made it difficult for us to try to turn points in transition," Fritz said. "Like we were able to do the first time we played

them."

The first match between K-State and Kansas led to a thrilling 3-2 victory for the Wildcats in Lawrence, however, Wednesday night's match was a different story.

In set one, K-State controlled the game early by jumping out to a 14-8 lead but that would be its largest lead. The Jayhawks brought the set back to 21-20 and went on a four-point run behind sophomore setter Maggie Anderson's serving to ice the set, winning 25-22.

Set two was a little closer throughout, with the Wildcats building a four-point lead in their attempt to knot the score. Near the end, Kansas yet again answered with another streak, closing out the second set victory with a five-point run and closing out 25-22.

"We just didn't grit down and finish the sets," middle blocker Katie Reininger said. "A few mindful errors let the match get away from us and didn't put enough pressure on Kansas."

Set three was the one that Kansas had the biggest advantage as it applied most of the pressure. The Jayhawks had many players contributing defensively with digs, keeping rallies going and be-

ing able to capitalize offensively to win 25-21.

"Kansas won the serving and receiving battle which doesn't allow us to apply pressure," sophomore setter Katie Brand said of their opponent's ability to set the tone. "That is definitely how they won the match."

Another lowlight for K-State was their minuscule total of just five blocks. It's an area that the Wildcats have often found success in as they sit near the top of the conference ranks.

"It starts with our blocking," Brand said. "We didn't touch the ball at the net productively that made it hard to dig out."

Brand finished as the assist leader for the Wildcats with 34 on the night. Defensive specialist Kersten Kober was one of the bright lights on the back line finishing with a solid 17 digs, providing K-State with extra opportunities.

Reininger finished the match with 10 kills at a strong .625 hitting percentage.

"Both Reininger and Zumach played really well tonight," Fritz said. "It is going to take more than just one, two, or even three players to be able to win these tough games down the stretch."

## Men's, women's basketball announce fall signings

By ADAM SUDERMAN  
THE COLLEGIAN

As K-State head coaches Bruce Weber and Jeff Mittie prepare for their season openers on Friday night in Bramlage Coliseum, they made big steps in preparing for the 2015-16 season with six signings between the two programs.

For Weber and his staff, it's the largest recruiting class they've brought to K-State during their three seasons in Manhattan.

With graduation approaching for forwards Thomas Gipson and Nino Williams, as well as the expected leave of Stephen Hurt and possible graduation of D.J. Johnson in 2015-16, size became a priority on the recruiting trail.

The Wildcats will look to mediate these issues with the signings of Dean Wade, a 6-foot-8-inch forward from St. John, Kansas, and Dante Williams, a 6-foot-11-inch center from Arlington, Texas.

"We were excited in getting a Kansas kid in Dean Wade," Weber said of the height need on the roster. "He's got some athletic ability and jumping ability. He's a good quality kid also someone who's pretty close to 7-foot in Dante Williams. You've got two big guys who give you some versatility and Dante is probably a little like Jordan Henriquez as a shot blocker. That's probably his number one attribute right now. He's maybe even a little stronger than Jordan was coming out of high school."

The two forwards are also joined by 6-foot-3-inch guard Barry Brown, who hails from St. Petersburg, Florida. He's the first player from the state since former guard Martavious Irving.

Wade is no stranger to Bramlage Coliseum, having won the Class 2A state champi-

onship in K-State's home arena last March. He and his teammates will be looking to make a return trip to Manhattan for a third-straight championship trophy.

"Dean probably brings a little more of the stretch forward

got) Kansas State ties and his dad played football here and his mom is a really close friend of (head coach) Suzie (Fritz) and volleyball."

With nearly eight blocks per game as a junior, Williams' school-record shot-blocking

kid," Weber said. "There aren't that many big guys out there and a lot of times they get over recruited and we're pretty fortunate."

Brown will be following in the footsteps of his father Barry Sr., as a D-I basketball player. He averaged 20.5 points as a junior at Gibbs High School and will be a cornerstone of his high school team during his senior season.

"Guard wise, with five returning guards, we thought it was going to be tough to get somebody, but we went hard at three different kids and Barry (Brown) was excited and one of the kids we focused on from the beginning," Weber said. "We really got in early on him. He gives us a little bit of versatility because we are not sure what we are going to need a year from now."

On the women's side, Mittie also covered ground geographically. The first-year head coach filled his depth in the front court as well as adding a possible replacement piece for senior guards Heidi Brown, Haley Texada and Ashia Woods.

The list of incoming players includes 6-foot guard Kayla Goth, 5-foot-9-inch guard Anna Hammaker and 6-foot-6-inch center Cheyenne Hooper.

Goth hails from DeForest, Wisconsin and will become the second player from the state to play at K-State. Hammaker and Hooper both will come from Knoxville, Tennessee and played together at Christian Academy.

"Kayla Goth is a 6-foot guard (and) wing that can really play three to four spots," Mittie said. "We like her athletic ability and she can dunk a tennis ball, which is relevant in terms of her leaping ability and her length. The versatility and the size of that player is what I liked about her. She's going to be one that throughout her career is going to be able to fill up a stat sheet."



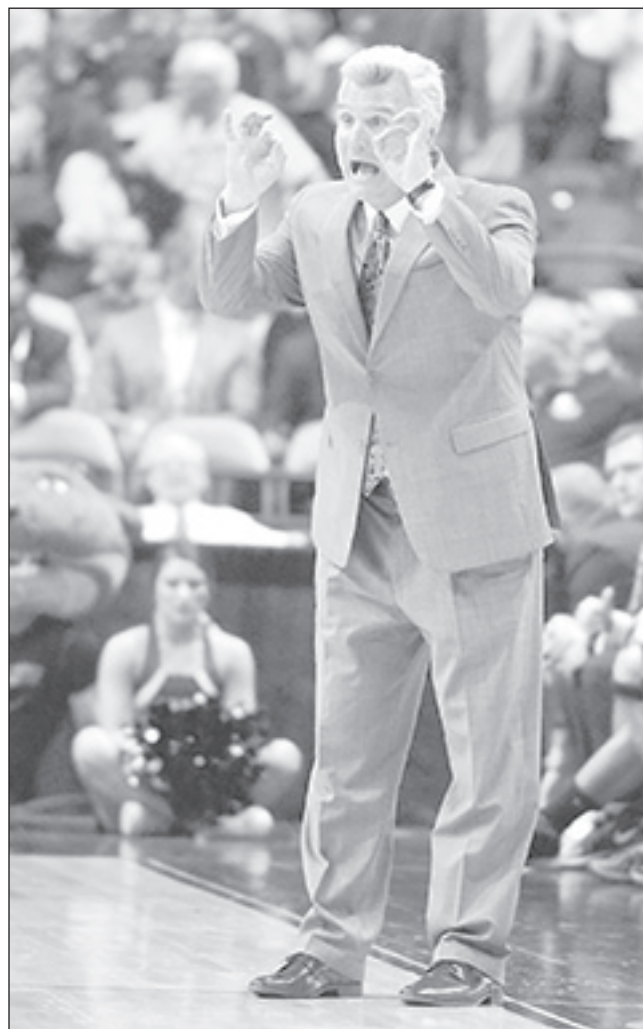
GORGE WALKER | THE COLLEGIAN

Women's basketball head coach **Jeff Mittie** watches from the sidelines during the game against Emporia State at Bramlage Coliseum on Nov. 3. K-State defeated Emporia State 54-50.

(position)," Weber said. "He's pretty close to 6-foot-9, and he can really jump. The biggest thing with him like most young guys is getting weight and strength and he knows that. We constantly talk about it. (He's

ability is well documented. He also played for the Texas Select, which is an AAU team that carried current Texas forward Myles Turner.

"I don't think people realize how hard it is to get a big



PARKER ROBB | THE COLLEGIAN

Men's basketball coach **Bruce Weber** talks to his team during the NCAA Basketball Tournament in St. Louis on March 21.

Hammaker is not the first person in her family to be making an impression in this part of the country as her father Atlee was drafted by the Kansas City Royals in 1979. He pitched the 1981 season in Royal blue before spending the next 10 seasons with the San Francisco Giants and San Diego Padres.

"(She's) a really good 3-point shooter and has excellent range," Mittie said. "She's got some athletic ability to the bucket as well. I really liked her ability to make plays not just from the 3-point line but also with a mid-range jumper."

Hooper will pair with

6-foot-5-inch sophomore forward Breanna Lewis as a strong, impressive duo in Mittie's frontcourt. According to Mittie, she originally committed to Central Florida for volleyball before switching her college plans to basketball.

"(She's) a kid that defensively is a great shot blocker," Mittie said. "We talk about steals and deflections, but I like shot blockers at the center position. While it may not be a position that you say on our roster is a huge need position, we feel like we've got some players who will move to the forward spot."

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## TUNNEL OF OPPRESSION | Event teaches about social injustice

CONTINUED FROM PAGE 1

The passive room explored themes of oppression like disability discrimination, proper and improper terminology, fittsiration and sexual abuse.

One visual that affected attendees was K-State alumna Kristen Tebow's human trafficking story. Tebow was just a few weeks into her freshman year at K-State when a friend drugged her and orchestrated her gang rape.

"The room with all the displays is what rocked me," John Deterding, senior in electrical engineering, said. "Just knowing that a friend could do that to you — I mean that's really messed up."

Tebow's story taught

Deterding that he should be more cautious of the people he calls friends.

"Watching that story, I just can't imagine having to go through that and how much that must affect your ability to trust people," Deterding said.

The passive room was followed by a more active room where counselors incorporated hands on group activities to tackle themes like prejudice, status, hierarchy, body image, bullying and oppression.

The event concluded with a group discussion where attendees discussed how they were affected and what stuck out the most.

Philip Gayle, professor of economics, was invited to the event by a friend and said

the biggest thing that stuck out for him was learning of the disparity between the 1 in 5 women in college who are sexually abused compared to the 1 in 60 men in the same situation.

"I knew women were more sexually abused than men, but I didn't know by how much," Gayle said.

For Gayle, a lot of information that was presented consisted of things that you'd just never come across, unless you experienced the event.

"I think it's really a useful thing for people to do of all races and age groups, because it's just very informative about how people view each other and what they think of each other's environments," Gayle said.

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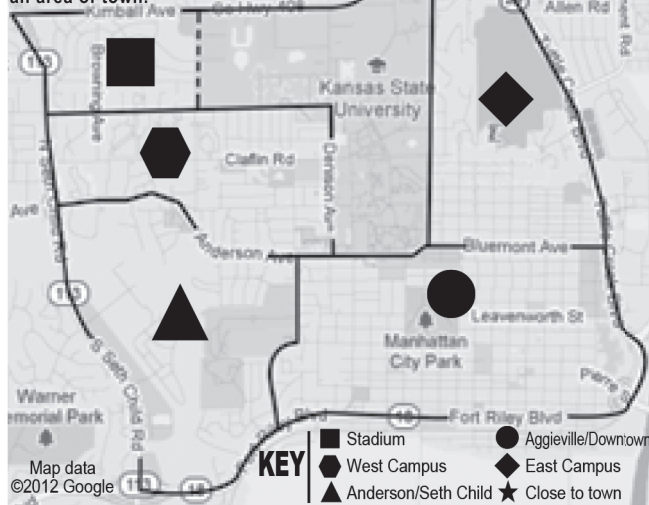
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**Concepts Sudoku** By Dave Green

1		5	3		7
	3			8	
8					2
		3	4		
	5	2		3	9
		2	7		
9					1
	4			7	
2		1	6		5

Difficulty Level ★★★★★

Answer to the last Sudoku.

7	1	6	9	4	8	3	5	2
2	4	9	7	5	3	8	1	6
5	8	3	2	6	1	7	4	9
1	5	4	6	9	7	2	3	8
6	3	2	8	1	5	4	9	7
8	9	7	4	3	2	1	6	5
3	6	8	1	2	9	5	7	4
4	7	5	3	8	6	9	2	1
9	2	1	5	7	4	6	8	3

Difficulty Level ★★★★★

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## When students don't snooze ... they lose

By MELISSA GRIMMEL  
THE COLLEGIAN

With a constant stream of assignments and projects due, accompanied by studying for numerous quizzes and exams, sleep can be the last thing on a student's mind.

Research published on [Healthresearchfunding.org](http://Healthresearchfunding.org) about sleep habits and patterns in college students concluded that many students suffer from some form of sleep turbulence and 73 percent of students indicated at least occasional sleeping problems.

"Sleep is good, and (getting) no sleep is bad," Julie Gibbs, director of health promotion at Lafene Health Center, said. "We all know this, but do we really understand all of the impacts of sleep? Adults should be getting seven to nine hours of quality or uninterrupted sleep every night."

### Benefits of sleep

Though sleep may not seem all that important, it can have a large impact on the way your body functions from the moment you wake up.

"Sleep leads to more productivity, higher energy levels and a better mood," Gibbs

said. "Lack of sleep has huge impacts on work and studies, because we are not as stimulated and lack of sleep makes it hard to remember things."

That being said, pulling all-nighters to cram for a test may not be the best idea.

"When I don't get much sleep, I feel sluggish the next day," Logan Britton, senior in agricultural economics and journalism, said. "It's harder for me to get out of bed and get into my daily rhythm."

### Long-term problems

Not only does lack of sleep affect your body the next day, but it can have long-term impacts such as increase in weight.

According to Centers for Disease Control and Prevention, laboratory research has found that lack of sleep results in metabolic changes that may be linked to obesity. In addition, according to Web MD, lack of sleep can be related to an increase in hunger and appetite, and possibly obesity.

"Chronic lack of sleep or sleep disorders can lead to overweight or obesity because of the effect on our hormones," Gibbs said. "Chronic sleep disorders have been shown to increase our risk of vehicle accidents as well, or sleepiness at the wheel."

Sleep disorders have

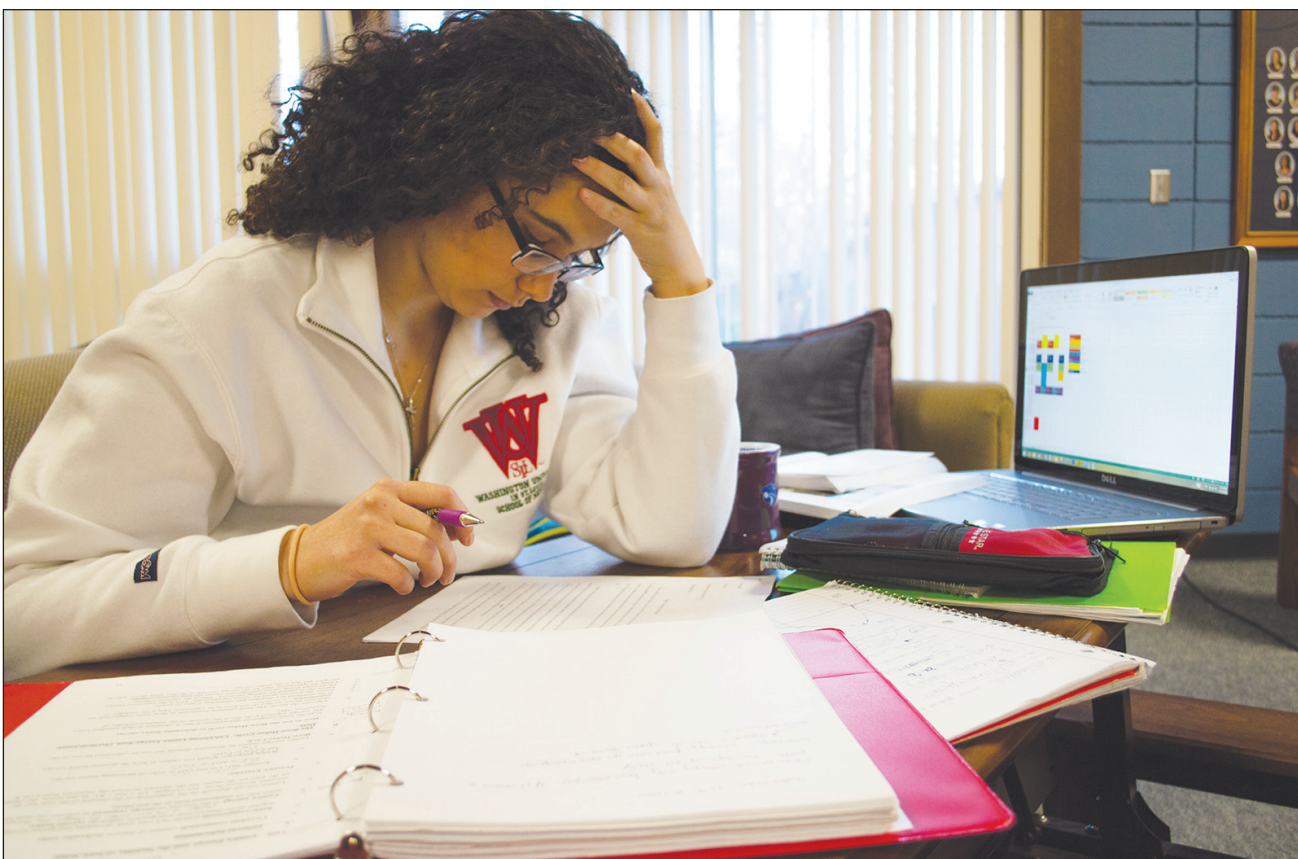


PHOTO ILLUSTRATION BY CASSANDRA NGUYEN | THE COLLEGIAN

Sleeping is one of the essential necessities your body needs in order to properly function. With mounds of tests, assignments and material to study, sleep is one of the last things on many students' minds.

been linked to many chronic diseases, such as heart disease and diabetes. According to CDC, research has found that insufficient sleep is linked to an increased risk for the development of type 2 diabetes.

### Catching up on sleep

Some people may have trouble falling or staying asleep at night, leading to an unintentional lack of sleep.

Changing certain actions can help you fall asleep easier.

"Reduce the noise or turn on some white noise; make sure the room is cool; turn off all lights and try to turn off your TV, cell phone or laptop one hour before you go to bed," Gibbs said. "This gives your body and mind some time to relax."

Slightly altering your schedule and lifestyle may

also have a positive impact on getting more sleep.

"According to the Mayo Clinic, some ways to get more sleep are to stick to a sleep schedule – even on the weekends; watch what you eat and drink – no high-fat meals, caffeine or alcohol before bedtime; reducing noise and light as much as possible and trying to make your environment as comfortable as

possible," Gibbs said. "This may mean switching out your pillows or mattress, or it may be as simple as turning on a fan."

So next time you think about pulling an all-nighter to cram for a test or going to Aggieville when you have an 8 a.m. class the next day, you may want to reconsider and crawl into bed to get a healthy amount of sleep.

## Conquering this upcoming flu season is a matter of hygiene, luck



PHOTO ILLUSTRATION BY CASSANDRA NGUYEN | THE COLLEGIAN

Washing your hands with soap and warm water is one of the simplest ways to prevent germs from spreading. By doing so, you're helping your body keep healthy and free of germs that could make you ill.

By CHLOE CREACER  
THE COLLEGIAN

Influenza season typically begins as early as October, peaks from December to February and lasts until May. Ac-

cording to Lafene Health Center, the flu is spread through respiratory droplets that are coughed or sneezed into the air. It may also be spread by a virus that remains on the hands after coughing or sneezing and then comes in contact with commonly used items, such as key-

boards, doorknobs and phones.

While protecting yourself from the respiratory illness can be difficult in normal situations, being surrounded by thousands of students on K-State's campus makes it even more daunting. However, there are several steps you can

take to keep yourself as healthy as possible during flu season.

### Methods of prevention

One of the best forms of protection against the flu is to be vaccinated. The Centers for Disease Control recommends a yearly flu vaccine for everyone over six months old – especially children, the elderly and individuals with weakened immune systems.

Although the vaccine does not guarantee total protection from flu viruses, it does greatly lower your risk of catching one. Lafene currently offers the flu vaccine for students at a discounted price of \$17 and \$22 for non-students. If you aren't sure if you should get the vaccination, consult with a doctor or nurse.

Lafene's website has some simple, helpful advice to help your body stay healthy and free of germs, like coughing or sneezing into your elbows or tissues, properly disposing the tissues and cleaning your hands regularly with an alcohol-based hand sanitizer or soap and warm water.

Lafene's website also recommends eating a balanced diet, getting enough sleep and exercising regularly to reduce the chances of getting the flu.

An article by U.S. News Health recommended people avoid smoking and being

around secondhand smoke which, according to William Schaffner, chair of Vanderbilt University's Department of Preventive Medicine, can increase the risk of respiratory infections. Schaffer also advises students to disinfect machines after they use them at the gym and to give friends who are sick as much distance as possible.

### If you still manage to get sick – then what?

Even if you manage to do all of these things (or even if you don't), you could still end up sick with the flu. In that case, one of the most important things you need to do, according to Lafene, is stay home from class and other activities to avoid spreading the illness. If you do stay home, be sure to contact your professors and, if ill for an extended amount of time, the Office of Student Life or the dean's office of your college. This will help you stay caught up with your missed classes and classwork.

You may also take an over the counter pain reliever such as ibuprofen, which costs \$9.99 at Walgreens, to alleviate your discomfort and reduce fever. Once you've recovered, you should disinfect surfaces in your room and wash your bed sheets to reduce the further spreading of germs.

### When you should see a doctor

Symptoms of influenza include fever, cough, sore throat, a runny or congested nose, body or head aches, chills, fatigue, as well as diarrhea and vomiting, according to the CDC. Many people who contract the flu only experience some relatively mild symptoms and don't end up needing medical care.

If you think you have a fever, check your temperature with a digital thermometer. If your body's temperature is 100 degrees F or higher for longer than 24 hours, it is advised by Web MD to schedule a doctor's appointment.

Emergency signs, according to the CDC, include difficulty breathing, shortness of breath, pain or pressure in the chest or abdomen, sudden dizziness, confusion and severe or persistent vomiting. If you experience these symptoms, or if you have flu-like symptoms improve only to later return with a fever and a worse cough, it is important to seek medical help immediately.

While staying completely healthy in college can be difficult, there are many preventative measures you can take and many ways to help yourself toward a faster recovery if you happen to get sick.

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